

## Contact Us

Office – 0300 303 8322 (option 5)

Email - [EPP.HDD@wales.nhs.uk](mailto:EPP.HDD@wales.nhs.uk)

EPP, Prince Philip Hospital,  
Block 6, Bryngwyn Mawr,  
Dafen,  
SA14 8QF

Office working hours  
Monday – Fridays  
8:30 am – 4:30 pm

## Cysylltu â Ni

Swyddfa – 0300 303 8322 (opsiwn 5)

E-bost – [EPP.HDD@wales.nhs.uk](mailto:EPP.HDD@wales.nhs.uk)

Y Rhaglen Addysg i Gleifion,  
Ysbyty'r Tywysog Philip,  
Bloc 6, Bryngwyn Mawr,  
Dafen,  
SA14 8QF

Oriau gwaith y swyddfa  
Dydd Llun-Dydd Gwener  
8:30am-4:30pm

## Useful EPP resources

Please have a look at our short film on the following link to learn a bit more on what we do and to meet some of the team and tutors:

<http://pocketmedic.uk/wellbeing>

## Adnoddau defnyddiol – Y Rhaglen Addysg i Gleifion

Dilynwch y ddolen ganlynol i wyllo ein ffilm fer a dysgu ychydig mwy am yr hyn yr ydym yn ei wneud, ac i gwrdd â rhai o aelodau'r tîm a'r tiwtoriaid:

<http://pocketmedic.uk/wellbeing>

## Hywel Dda Be Well Service

## Gwasanaeth Bydd Iach Hywel Dda



## About Us Amdanom ni

What we Do

Yr hyn yr Ydym yn ei Wneud

We offer a range of Health, Wellbeing & Self-Management Programmes & Workshops

Rydym yn cynnig ystod o Raglenni a Gweithdai Iechyd, Lles a Hunanreoli

Who is it for?

I bwy y mae hyn?

Anyone who is 18 years old and over including those who care for someone.

Unthyw un sy'n 18 oed neu'n hŷn, gan gynnwys y rhai sy'n gofalu am rywun Amdanom Ni

Is there a cost?

A oes cost?

No. All our programmes and workshops are completely FREE

Nac oes. Mae ein holl raglenni a gweithdai yn RHAD AC AM DDIM

## What we Offer

Yr hyn yr ydym yn ei gynnig

Chronic Disease Self-Management Programme  
Rhaglen hunanreoli Clefydau Cronig

Diabetes Self-management programme  
Rhaglen Hunanreoli Diabetes

STANCE - Diabetic Foot Care  
STANCE - Gofal Traed Diabet

Living with COPD  
Byw gyda Chlefyd Rhwystrol Cronig yr ysgyfaint (COPD)

Pain Management programme  
Raglen Rheoli Poen

Cancer Thriving and Surviving  
Canser: Ffynnu a Goroesi

Long COVID  
COVID hir

Healthy Ageing  
Heneiddio'n lach

Living with Lymphoedema  
Byw â lymffoedema

Introduction to Looking After Me - For Carers  
Cyflwyniad i edrych ar fy ôl i - ar gyfer gofaluwyr

Healthy Bladder and Bowel  
Pledren a Coluddyn lach

Foodwise Weight management Programme  
Bwyd Doeth - Rhaglen rheoli pwysau

Do you want to....  
A ydych chi am ...

Find out more about your health condition

Cael gwybod rhagor am eich cyflwr iechyd

Gain skills & confidence managing your health  
meithrin sgiliau a hyder o ran rheoli eich iechyd

Reduce risks of serious complications  
lleihau'r peryglon o gymhlethdodau difrifol

Feel in control & choose what's right for you

Teimlo bod gennych reolaeth a dewis yr hyn st'n iawn i chi